

BARLEY WITH PARMESAN

This recipe is a gentle introduction to a new grain, since barley's texture is similar to rice. Barley is the lowest grain on the glycemic index, so it will not spike your blood sugar as other processed white grains will.

SERVES 50 ADULTS

INGREDIENTS

7 ½ cups barley
4 bay leaves
1 ½ tablespoons garlic powder
1 cup oil
2 ½ ounces lemon juice
1 ½-2 cups parmesan
1 tablespoon black pepper (optional)

DIRECTIONS

1. Bring a pot of water to a boil. Add barley and bay leaves and reduce the heat to low. Cover and cook 45 minutes, or until barley is tender. Turn heat off and drain barley.
2. Return barley to the pot and add garlic powder, oil, lemon juice, and parmesan. Taste and season very lightly with black pepper, if necessary.